



Dear Parents and Carers,

This year we will be sending home a newsletter once a fortnight with celebrations and friendly reminders of what is coming up.

Staffing

It is with great sadness that I let everyone know that our gardener, Mr. Graham Kellow retired at the end of last year. Unfortunately for staff and the community, Graham didn't want a leaving event, so we are unable to celebrate and thank him publicly. I know you all join me in thanking Graham for everything he did over for over 20 years at Heathridge PS. He will be missed for his amazing handyman abilities, keeping our school grounds, and his dedication to setting up our sports carnivals each and every year. We will miss him around the school, but we would like to wish him all the best in his retirement and spending extra time with his family.

Voluntary Contributions and Charges

We encourage all families to pay their voluntary contributions of \$60 per student for the year this term. If you pay by the end of Term 1, your name will automatically go into a raffle for your chance to win a \$100 Coles / Myer gift voucher. The winner will be announced and notified on the last day of this term, Wednesday 27 March. Good luck everyone!

Ice Cream Fundraiser for Year 5/6 Camp



Sustainability – Cash for Cans

Keep those cans coming in, every can counts! Alternatively, you can scan the below barcode when you are at a depo.



Aussie Optimism Program - Year 4, 5 & 6 Girls

Starting next Monday afternoon, Mrs. Terry Short will be running the Aussie Optimism Program with our year 4, 5 and 6 girls each week. The program is an award-winning, highly researched, and data-driven program. Aussie Optimism is based on research in psychology (e.g., Seligman, Kendall and Ellis) and uses this information to help develop social and emotional skills, competencies, and resilience.

Years 4-6 program targets positive thinking skills and social life skills. The programs aim to build resilience and equip students with the skills they need to have good mental health. Aussie Optimism is mapped to the Health and Physical Education Curriculum.

Children and adolescents often experience stress, for example, peer pressure, family conflict, moving from primary school to high school, increased demands of study, performance expectations, and body changes. Children and adolescents cannot always be protected from stress; however, they can be provided with the skills necessary to cope with stress and to rise above life's difficulties and challenges.

Aussie Optimism is a health promotion program for children in primary and secondary school. It takes a positive psychology approach, helping to build core competencies in students, such as how to:

- Identify and manage feelings
- Make and maintain friends
- Solve social problems
- Think optimistically to promote self-esteem and bounce back from difficulties.

Link: [Aussie Optimism](#)

If you would like some more information regarding this program, please don't hesitate to contact Mrs Terry-Short.

Kind regards,
Mrs. Denise Pires
15 February 2024